

How New Mothers Can Benefit From **Midwifery Care After Birth**

The few months after the birth of a baby are a period of time of tremendous change in the life of the family and of the new mother. It can often be a difficult period, since even the most prepared mother will not be ready for everything that happens, and some women feel that they are floundering during these early weeks. Adjusting to the new member of the household, whether it is the first child or the third, can often mean making sacrifices in lifestyle, and becoming used to the habits and requirements of the child.

In the first days

The beginning of the post-natal period begins immediately after birth. The first day can be the start of a rather intense learning curve. It will be pleasurable and exciting, but it may also be extremely exhausting and challenging. Women may struggle to get into the rhythm of a new baby's sleeping and eating patterns, and **Midwifery Care After-Birth** will benefit mothers by giving them advice about the best ways to manage these early days. Midwives will also be able to observe new mothers, and spot when they are experiencing real difficulties with their new infant.

In the first weeks

The mother can expect to see the midwife regularly, until the baby is six weeks old. These later visits are staggered, so that the midwife can examine the baby and ensure that it is developing at a healthy rate. Midwives may visit the child at home, or mothers can come to a clinic where there is specialist equipment available to examine the child. When visiting, the mother can offer some advice about encouraging the baby to sleep, discussing waking and feeding patterns, and ensuring that the mother is healing properly after the birth.

The final visit

At the end of the six weeks, the midwife will provide mothers with a final visit appointment. This allows mothers, their infants and midwives to discuss the implications of the labour and delivery in close detail. This will ensure the mother is able to talk about the birth, including discussing any complications or interventions that were needed. Understanding the birth is important for new mothers, since they will be able to ask questions about the labour, or about events during the birth. This is an important stage in the **Midwifery Care After-Birth** process, giving new mothers complete peace of mind.

For more information visit here Myownmidwifegc.com.au or if you have any query about services, feel free to [Call Us](#) on 07 5610 1611.